

**ABSTRACT**

The present invention relates to health shoes and, more particularly, health shoes not only used for lower body muscle power strengthening exercises but also  
5 used as everyday shoes by having excellent fitness due to its flexibility and elasticity.

It is an object of the present invention to provide health shoes which can maximize lower body muscle power strengthening exercise, quick explosive muscular strength enhancing exercise and aerobic exercise, etc. by forming a metal ball at the bottom part of the shoes.

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